“When you think you can’t go on,

a little light appears from somewhere.”

An EFT Guide by Heike Richter.

© 2025 Heike Richter — EFT mit Heike · CC BY-NC-ND 4.0 · Source: https://archive.org/details/@eftmitheike ·

🌟 “When you think you can’t go on, a little light appears from somewhere.”

- Your Personal EFT Tapping Guide -

Note
This tapping guide is a trauma-sensitive self-help exercise. You tap at your own responsibility.
EFT does not replace medical, psychotherapeutic, or (where applicable)
licensed alternative practitioner care and is not a substitute for diagnosis or therapy.
Do not change or discontinue medications/treatments.
For diagnosed trauma, severe distress, or serious physical or mental health problems,
please use EFT with professional support and seek help.

What is EFT?
Emotional Freedom Techniques (EFT), also called “tapping acupressure,” is a simple method where specific acupressure points are gently tapped. At the same time, stressful thoughts or feelings are spoken out loud. This can help release tension, reduce stress, and create more calm and relaxation.

The Tapping Points

1. Side of the hand
2. Eyebrow
3. Side of the eye
4. Under the eye
5. Under the nose
6. Chin point
7. Collarbone point
8. Under the arm
9. Top of the head

👉 **Watch the tapping points video**
To make it easier to find the points, you can also watch the video.
Simply scan the QR code or click on the link.

© 2025 Heike Richter — EFT mit Heike · CC BY-NC-ND 4.0 · Source: https://archive.org/details/@eftmitheike ·

Instructions

Go through all the points in the given order for each round.
At each point, speak the corresponding phrase.
Keep breathing calmly. Repeat the rounds two or three times.

🌫️ Tapping Round A – Arriving in What Is

- **Karate Chop (Side of Hand):** “Even when I think I can’t go on, I allow this feeling to simply be here.”
- **Eyebrow:** “Something in me feels empty, tired, maybe hopeless.”
- **Side of Eye:** “I notice that right now, everything feels like too much.”
- **Under Eye:** “I don’t have to force anything or change it right away.”
- **Under Nose:** “I breathe – and for this moment, I simply stay here.”
- **Chin Point:** “It’s allowed to be heavy. I’m allowed to move slowly.”
- **Collarbone:** “I offer myself compassion instead of pressure.”
- **Under Arm:** “I am here, and that is enough for now.”
- **Top of Head:** “I hold myself – kindly and calmly.”

🌙 Tapping Round B – A Gentle Opening, Quiet Trust

- **Karate Chop (Side of Hand):** “Even if I can’t see the light yet, I can stay open to the possibility that it shines somewhere.”
- **Eyebrow:** “Maybe very small, maybe far away.”
- **Side of Eye:** “I don’t have to look for it – I can simply sense it.”
- **Under Eye:** “Something in me knows: darkness doesn’t last forever.”
- **Under Nose:** “I can allow myself to touch the idea of hope again.”
- **Chin Point:** “I open to whatever gently holds me.”
- **Collarbone:** “Maybe light appears as warmth, as breath, as a quiet thought.”
- **Under Arm:** “I allow a small spark to arise within me.”
- **Top of Head:** “I let the light find me – in my own time.”

© 2025 Heike Richter — EFT mit Heike · CC BY-NC-ND 4.0 · Source: https://archive.org/details/@eftmitheike ·

🌤️ Tapping Round C – Stability & Gentle Moving Forward

- **Karate Chop (Side of Hand):** “Even if not everything is resolved, I can feel a bit more ground beneath me again.”
- **Eyebrow:** “I can move forward step by step.”
- **Side of Eye:** “I carry the small light with me – as a companion.”
- **Under Eye:** “It reminds me that life is still within me.”
- **Under Nose:** “I am part of something larger that carries me.”
- **Chin Point:** “I’m allowed to feel safe and connected.”
- **Collarbone:** “I nourish trust with every breath I take.”
- **Under Arm:** “I can trust that the light remains – even when it grows quieter.”
- **Top of Head:** “I continue – with gentleness, hope, and light in my heart.”

💜 **Repeat the sequence as needed.**

Many people notice after 2–3 rounds that their stress level decreases and more calm enters.

© 2025 Heike Richter — EFT mit Heike · CC BY-NC-ND 4.0 · Source: https://archive.org/details/@eftmitheike ·

✨ Thank you for tapping with EFT!

If you want to dive deeper, here are more ways to get inspired and supported:

📖 **My Book:**
Krank und glücklich – Darf man das?: Handbuch für EFT-Klopfakupressur & meine ganz persönliche EFT-Erfolgsgeschichte
(My personal handbook on EFT and my own story of healing. Available in German only.)

🎥 **My YouTube Channel:**
👉 *EFT mit Heike* – with practical videos, guidance, and inspiration around EFT.
(Some videos include English subtitles.)

🌐 **My Homepage:**
https://eft-mit-heike.jimdosite.com (German only).

🎥 My Personal EFT Success Story

EFT has helped me in one of the hardest times of my life to regain joy and strength.

👉 My **Before-and-After video** on YouTube: "EFT mit Heike."
There you can see how EFT changed my life – from exhaustion and sadness to energy, radiance, and joy.

You can also find interviews with me on the channels of **Sabine Rösner** and **Sabine König**, two experienced EFT coaches, as well as on local TV:
👉 **TV Interview** – Glück Auf TV – Kanal 9 Erzgebirge (German only).

"When emotions are in balance, life feels lighter and freer.

For many, that is pure happiness." 💜

© 2025 Heike Richter — EFT mit Heike · CC BY-NC-ND 4.0 · Source: https://archive.org/details/@eftmitheike ·

Legal Notice (per § 5 TMG, Germany)

Heike Richter
c/o COCENTER
Koppoldstraße 1
D-86551 Aichach, Germany
Contact:
E-mail: eftmitheike@aol.com
Further details: https://eft-mit-heike.jimdosite.com/impressum/

* * * * * * * * * *

License

Heike Richter — “EFT mit Heike” (2025):

“When you think you can’t go on — EFT Tapping Guide”.

CC BY-NC-ND 4.0.
Source / Downloads (all guides):
https://archive.org/details/@eftmitheike
Permissions contact: eftmitheike@aol.com

* * * * * * * * * *

Safety & Liability

This EFT tapping guide is a trauma-sensitive self-help exercise
and does not replace medical or psychotherapeutic diagnosis/treatment.
No guarantees of outcome.
Do not change or stop medications/treatments.
For diagnosed trauma, flashbacks, dissociation, or strong overwhelm,
please tap with professional support (psychotherapy / licensed alternative practitioner for psychotherapy).
Own responsibility:
By tapping along, you act at your own responsibility and risk.
Stop the exercise if it does not feel good and seek support.
In acute crises, call emergency number 112
or the medical on-call service 116117 (Germany).